



Quick Reads

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Dec. 15, 2009

Do your part by getting vaccinated

Since September, local public health agencies have done a tremendous job vaccinating those Iowans who are most at-risk for complications of the 2009 H1N1 influenza virus. Yesterday, all Iowans became eligible to receive this vaccine. This is a particularly important development in fighting the flu, as experts predict that another wave of H1N1 illness will occur during late January and February.

If you or someone you know is in a high-risk category and has not gotten an H1N1 vaccination, get vaccinated now. If you are not in a high-risk category, and have yet to get the vaccine, visit www.idph.state.ia.us/adper/flu.asp to find a vaccination site near you. Thanks for doing your part to keep all of us healthy this winter.

Iowa featured in Kaiser Health News


Quick Reads subscribers may be interested in an article that recently appeared on the [Kaiser Health News](#) Web site. Written by Michael L. Millenson, "[Answers from Iowa](#)" summarizes some key successes of health advocates and like-minded organizations in our state. Central to the article, dated Nov. 24, is a report released by the [Iowa Committee for Value in Healthcare](#). The [five principles](#) of this report are: achieve fiscal sustainability through high-value care; innovate through collaboration; expand the role of primary care; increase wellness and prevention; and promote individual involvement in obtaining high-value care. Whether or not we are wearing our official public health hats, these are the kind of issues many of us care deeply about. I think you will find Millenson's article exceptionally well-written and a good description of the things our state does well to promote and protect the health of Iowans. Visit

www.kaiserhealthnews.org and look under the "Columns" heading on the right side of the page. (Click "View All" to see a list of recent articles.)

DVD to help local H1N1 discussions

IDPH and local public health partners continue to receive requests for fall 2009 H1N1 presentations at various clubs, organizations and meetings. In response, IDPH has created a DVD of IDPH Medical Director, Dr. Patricia Quinlisk, discussing [Iowa's H1N1 response](#). The DVD highlights IDPH's efforts regarding H1N1 surveillance, mitigation, vaccination, and communication and education. The DVDs were sent to all local public health partners last week as a tool to help ease the burden of community requests for speakers. The 20-minute video can be used as a general overview of H1N1 in Iowa, with local health officials then adding a discussion of H1N1 in their communities.

Enhanced IDPH Web site helps you stay updated

Regular visitors to the [IDPH Web site](#) may have started to see an orange "RSS" button () at the top of certain pages. RSS stands for "Really Simple Syndication" and allows visitors to be notified when content on that page is updated. For instance, grant seekers may want to be notified when new requests for proposals become available. Without RSS, you would have to remind yourself to periodically check the [IDPH Grants, Bids and Proposals](#) page. Now all you have to do is click the RSS button on that page and then follow your Web browser's instructions to subscribe to the RSS feed. Subscribing to the feed will allow you to see when new items have been added to the feed. Other IDPH Web pages with RSS capability include the [IDPH News Archive](#) (also available through the home page), the [Quick Reads](#) newsletter, and the [Iowa Health Focus](#) newsletter. Look for more orange RSS buttons on other IDPH Web pages in the coming months.

Please help promote Healthy Kids Act trainings

I wanted to make our local public health partners aware of some important trainings being offered by the Iowa Department of Education on the topic of the [Healthy Kids Act](#). Signed into law in 2008 by Governor Culver, the Healthy Kids Act helps address the issue of overweight and obesity among Iowa youth by setting physical activity requirements and nutritional content standards for schools. If you haven't already, please reach out to your local school systems and encourage them to attend one of these six regional trainings, which start in February. Participants will receive a Healthy Kids Act Toolkit that includes access to a web-based Healthy Kids Act Nutrition Calculator, copy-ready brochures, healthy snack ideas, non-food fundraiser ideas, and many more wellness resources. For more information on the trainings and registration, please visit www.tinyurl.com/iowa-HKA or contact Jennifer Neal at jenny.neal@iowa.gov or 515-281-6192.

IPHA “Day on the Hill” is Feb. 2

Mark your calendar for the 2010 [Iowa Public Health Association](#) (IPHA) Day on the Hill. This day will provide IPHA members with the opportunity to connect with legislators and educate them about how public health matters to everyone. Look for more information and registration details soon at www.iowapha.org. Meanwhile, IPHA recommends an online [video](#) that clearly explains how public health touches peoples' lives every day. Visit www.generationpublichealth.org.

Stay informed, share your story

To get *Quick Reads* directly in your inbox, please send a blank e-mail to join-quick_reads@lists.ia.gov. To contribute a news item or smart practice, please write to Don McCormick at dmccormi@idph.state.ia.us.

To everyone in public health and all our partners, keep up the great work!

— Tom